

ABSTRACT

In a variable phased valve lifter of an internal combustion engine, a roller lifter is allowed to move along a constraining face of a constraining mechanism in a first direction, and the
5 constraining mechanism is allowed to move freely in a second direction. As the roller lifter moves through its arcuate path, the flat surface(s) of the roller lifter will slide across the constraining face(s) of the constraining mechanism, and end members of the constraining mechanism slide fore-and-aft in at
10 least one stationary block. The roller lifter is thus prevented from rotating about its longitudinal axis as it moves in arcuate fashion in cooperation with the constraining mechanism.